

The Recreational Reader

Truro Recreation & Beach Department

October 2018

Pamet After-School (cont. pg.3)	1
New Staff at P.A.S	1
Capoeira at P.A.S	1
Beach Fires	1
Sports Parent Pledge	2
Indoor Soccer	2
Pickleball	2
Volleyball	2
Zumba	2
Pamet After-School (cont.)	3
Walking Club	3
Upcoming Events	4
Team Sponsor	4
Suggestions	4

Pamet After-School

We are pleased to announce the addition of two amazing individuals to our Recreation and Beach Department and the Pamet After-School Program.

Nola Glatzel, Program Supervisor and

Alex Cowing, Assistant Program Supervisor.

Check out their bios and feel free to email them or call them with any questions about the program.



My name is Nola Glatzel and I am very excited to be working at Pamet After-School for the 2018-19 school year! After growing up in Provincetown, I received my Masters' Degree in Childhood Education, Birth-6th grade. This past year,

I have been working at the Hawthorne Valley Farm in Ghent, NY, teaching children about farm chores, cooking, and the food they eat. Before that, I taught elementary school in Manhattan for four years. I look forward to a year of fun and creative programming for Truro kids. Some of my favorite activities to share with children include beading, sewing, building, cooking, and nature exploration.



Hello! My name is Alex Cowing. Many of you may know me from Summer Rec, as I have enjoyed the past 5 summers working our great program. This year however, will be my first year at the Pamet After-School

Program. For those of you who do not know me yet, I am 23 years old and have lived my entire life here in Truro. I studied Communications at Quinnipiac University. I love anything involving the outdoors, sports and music. I am really looking forward to spending an entire year with the kiddos.

Capoeira with Mr. Lima is Back at Pamet After-School

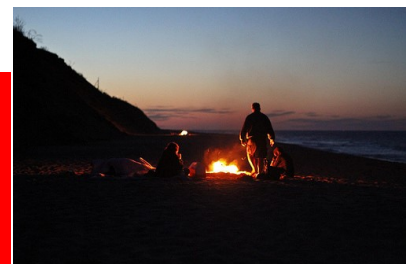


Capoeira will be held on Mondays in October. Children will need to be **registered** and **attending**

Pamet After-School to participate. Sign up online or call Nola and Alex.

508-487-1632

FOR ALL BEACH FIRE PERMITS AFTER SEPTEMBER 5TH, PLEASE VISIT THE FIRE DEPARTMENT AFTER 4PM. PERMITS ARE AVAILABLE ON FIRST COME FIRST SERVE BASIS FOR THE DAY OF.



Sports Parent Pledge

Dear Parents:

We're excited to share with you an opportunity to take part in a new initiative offered by the National Alliance for Youth Sports. Their new Sports Parent Pledge will give lots of resources and advice to help make this season fun for your child, and the whole family!

It's completely free to participate. All you have to do is go to www.nays.org/sportsparentpledge to sign up. Each week, for six weeks, you'll get an email focusing on topics sports parents often face (like working with coaches, health and safety resources, etc.). Even though the pledge emails will only last for six weeks, they're full of information you can use for as long as your family is a part of our program, and beyond!

We encourage you to check out www.nays.org/sportsparentpledge today and become a part of the Sports Parent Pledge movement! Make sure to tell them that Truro Recreation sent you!



Take the pledge to
**KEEP YOUTH
SPORTS
POSITIVE!**

Adult Coed Indoor Soccer

(age 40+)

Thursdays 6:00pm-8:00pm

Drop-In
Free

Truro Central School
317 Route 6, N. Truro

For more info.
Contact Todd Schwebel, Coordinator

rtschwebel@gmail.com

Community Pickleball

Columbus Day, Monday Oct. 8th
5:30pm-8:00pm

Saturdays Oct. 6th & 27th
10:30am - 1:30pm

Drop-In
Free

Truro Community Center
7 Standish Way, N. Truro

For more info.
Contact Judy Linen, Coordinator

jlinen45@gmail.com

Community Volleyball

Wednesdays 6:30pm-9:30pm

Drop-In
Free

Truro Community Center
7 Standish Way, N. Truro

For more info.
Contact Brian Dunne, Coordinator

bdunne2000@hotmail.com



Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health.

Classes are conducted by Julie Rich, a certified instructor.

Contact Julie for fees and schedules.

Julie Rich - www.purajulie.com

Tues.	9-10am	Truro Comm. Ctr.	Julie Rich
Thu.	9-10am/5-6pm	Truro Comm. Ctr.	Julie Rich
Sat.	9-10am	Truro Comm. Ctr.	Julie Rich



*"Ditch the
Workout, Join
the Party."*

Pamet After-School

The Pamet After School program is a state licensed after-school program serving children ages 5-12, who reside in Truro or attend Truro Central School. Families of all abilities, races, gender, sexual orientations, religions and socio-economic status are welcome. P.A.S. is a safe, supervised environment for children to learn and grow. The program operates everyday that Truro Central School is in session, including half days. Participants are bused from Truro Central School at the end of the school day to the Truro Community Center.

For more info. Call (508) 487-1632 ext. 326

Program Supervisor: Nola Glatzel

Assistant Program Supervisor: Alex Cowing

PRE-REGISTRATION REQUIRED

Registration packets
required prior to
attending



Mon - Fri
3pm - 5:30pm
***\$6/day**
(pre-registration required)

12pm - 5:30pm
(half days)
****\$10/day**
(pre-registration required)

**Truro Community
Center**

*\$8/day if registered the day of.
**\$12/day if registered the day of.

Truro Walking Club

With Coordinator Bob Lowe

Tuesdays, 9:00 am

Join Bob Lowe, Club Coordinator, for a peaceful walk in some of the most beautiful areas on Cape Cod.

Email Bob Lowe with any questions: bflowe.1961@yahoo.com

October 2nd

Hike: Ryder Beach

Park: Park at the south end of Ryder Beach road in the beach parking lot

October 9th

Hike: Great Island Trail

Park: Corner of Griffin Island and Chequessett Neck Road

October 16th

Hike: Truro Old Air Force Base

Park: Old Dewline Road. Lot is located in Front of old baseball field.

October 23rd

Hike: Pine Grove Cemetery

Park: Small parking lot at cemetery, off of Old County Rd.

October 30th

Hike: High Head

Park: High Head Road, lot at bike trail and start of ORV Trail

Schedule subject to change. Check online for updates.

www.truro-ma.gov/recreation-beach-department



RECREATION & BEACH DEPARTMENT

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Visit us on the web!
www.truro-ma.gov/recreation-beach-department

"Committed to Community"



The Truro Recreation & Beach Department provides the residents and visitors of Truro with healthy, beneficial programs year round.

The Recreation Department is located in the Truro Community Center and consists of an administrative office, a recreation lounge, an all-purpose auditorium, and the Puma Park Playground.

Upcoming EVENTS

Capoeira is back at Pamet After-School

Check out the Truro Walking Club Schedule

PTown Rec's Greet N' Treat
Is Wednesday, October 31st at Motta Field
4:30pm-6:00pm

The Truro Recreation & Beach Department wants to hear from you!

Got an idea or a suggestion? Get in touch with us!

Phone: (508) 487-1632

www.truro-ma.gov/recreation-beach-department

Connect with us:



Become A Team Sponsor

We would like to invite you to be a part of the youth sports experience in Truro. Sponsor a youth sports team and have your company's logo placed on their uniform and receive recognition through our social media, web site and game programs. To become a sponsor contact Damion Clements at dclements@truro-ma.gov or call (508) 487-1632



SEAMEN'S BANK
MEMBER FDIC/DIF

